

## How to Apply for Assistance

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**Please read all of the following information before applying for assistance.**

The Town of Fremont NH Human Services Department provides temporary emergency assistance to town residents for the basic necessities of life when no other resource is available. Local Assistance is rendered in voucher form only.

**If you need any of the services listed below, contact the State Division of Health and Human Services.**

The Seacoast District Office serves Fremont residents and is located at 50 International Drive (the Pease Campus) in Portsmouth NH. Their phone number is 603 433 8300 or toll free at 800 821 0326. Their Web Site is [www.dhhs.nh.gov](http://www.dhhs.nh.gov). Call them to schedule an intake appointment for the services you need.

- ANB – Aid to the Needy Blind
- APTD – Aid to the Permanently and Totally Disabled
- Child Care
- Child Support
- DEAS – Division of Elderly and Adult Services
- DCYF – Division of Children, Youth and Families
- EBT – Electronic Benefits Transfer
- Food Stamps
- Healthy Kids Program
- Medicaid
- OAA – Old Age Assistance
- TANF – Temporary Assistance to Needy Families

**If you need any of the services listed below, contact the Rockingham County Community Action Program (CAP).**

The Portsmouth Office serves Fremont residents and is located at 7 Junkins Avenue in Portsmouth NH. Their phone number is 603 436 3896 or toll free at 800 639 3896. You must call to schedule an intake appointment. Many of their intakes are done at the Raymond CAP Office at 55 Prescott Road.

- Electric Assistance Program
- Fuel Assistance program

If you do not have computer access, you can use the free internet access at the Fremont Public Library during business hours: Tuesday and Thursday 1:00 to 8:00 pm; Wednesday and Friday 9:00 am to 5:00 pm; and Saturday 9:00 am to 2:00 pm. You can call to reserve computer time by calling the Library at 895 9543.

**If you need temporary emergency assistance:**

You must apply at the Fremont Human Services Office. To apply for emergency assistance, you must obtain and complete the Application Form for Fremont Assistance. You can obtain this form at the Selectmen's Office located at the Town Hall, 295 Main Street, Fremont NH. We can mail you an application form, or you can pick one up during business hours (Monday and Friday 8:00 am to 12 noon; Tuesday and Wednesday 8:00 am to 4:00 pm; Thursday 11:00 am to 5:00 pm).

The Application must be fully completed and be signed by all adult household occupants.

**Do not email or fax completed Applications.** The completed Application must be brought in person to the applicant(s)' scheduled intake interview along with the following:

- Proof of Identification for all household members, such as picture ID, driver's license and birth certificate.
- Social Security numbers for all household members.
- Proof of income/benefits from any source for all household members, such as TANF, food stamps, child support, Social Security (SSI/SSD/Retirement), unemployment compensation, Workers' Compensation, VA, and/or current pay stubs for the past 4 weeks.
- Proof of Current Tax Return.
- Proof of Residency such as: current rent receipts, copy of rental agreement or lease, statement from person with whom you are residing; a mortgage statement or deed.
- Proof of Expenses such as – rent or mortgage, utilities, child care, food, vehicle and medical expenses, or any other receipts you have for the household.

- Proof of Cash Resources for all household members such as: savings passbooks, current checking or savings account statement from your bank or credit union, cash on hand.
- Proof of Personal or Real Estate Property such as: vehicle or mobile home.
- Doctor's Statement is necessary if anyone in the household is unable to work. This statement must include the nature and extent of the disability, as well as any work limitations.
- Proof of any programs you have applied for such as: APTD (State Disability), TANF, food stamps, Medicaid, Social Security (SSI/SSD/Retirement) Medicare, VA benefits, Fuel Assistance/W.I.C., Unemployment Compensation, Workers Compensation.

Applicants facing eviction are to bring copies of all documents relating to the eviction, as well as the name and phone number of the landlord or the landlord's agent.

**Intake interviews are held on an appointment basis by contacting the Human Services Coordinator Herb Tardiff at 895 3200 x 12.**

Please call to schedule once you have completed the application and have the above reference documents together.

You can also send an email to Herb at [htardiff@comcast.net](mailto:htardiff@comcast.net). Please include "Fremont Assistance" in the subject line.